

Getting a Head Start With DVR



When you start working with the Division of Vocational Rehabilitation (DVR), you will need to develop a plan for employment. This plan states what kind of job you want to get, and what services you will need at each step in the plan.

You and your DVR counselor will work together to identify your abilities, skills, and interests to develop your employment goal.

There are some things you can do to get ready for your first meeting with your DVR counselor that might help you get a job more quickly. Before your DVR counselor will be able to help you get a job, you will need to know what kind of work you want to do. Sometimes it takes a little work to figure this out.

What kind of work do I want to do?

If you don't know what kind of work you want to do, there are some places to look for ideas.

- Look at yourself. What do you like to do? What are your interests and hobbies?
- What kind of work and/or volunteer experiences have you enjoyed?
- Look through the help wanted ads in the paper. Do any of these jobs look appealing?
- Visit the resource room of your local Wisconsin Job Center to gather information about the jobs and services that are available to you.
- Look through the Occupational Outlook Handbook. This is available at the Job Center, at the public library, and on the Internet (<http://stats.bls.gov/oco/ocoiab.htm>).
- Talk to friends and relatives about the jobs they do.
- Look at jobs available on the JobNet at the Job Center or at their website www.dwd.state.wi.us/

All of these are good ways to get ideas about jobs.

Once you get an idea, you should make sure it is really something you want to do. We suggest that you meet with someone who is doing that kind of job now and ask some questions:

- How did they get their job?
- Did they have to work a while doing something else before they could start doing this kind of work?
- What kind of education did they have to have?
- Do they think there will be many openings in this kind of work?
- How much does this job pay when you start?
- Does it have health insurance and other benefits?



Knowing what kind of work you want to do will help you get going more quickly when you start working with your DVR counselor.

To help you begin planning for your employment goal, we have attached an employment planning worksheet. It would be very helpful if you complete this worksheet before meeting with your counselor.

DWD is an equal opportunity employer and service provider. If you have a disability and need to access this information in an alternate format, or need it translated to another language, please contact 800-442-3477 or 888-877-5939 (TTY).



Employment Planning Worksheet

1. What are your strengths and abilities?
2. What education have you had?
3. What type of training have you had?
4. What work experience have you had?
5. What volunteer experience have you enjoyed?
6. What kinds of jobs are you interested in?
7. What kind of job **ARE YOU NOT** interested in?
8. What type of help do you need to go to work? (Think about things like health insurance, transportation, specialized equipment/devices, interpreters, childcare and flexible work hours).